

APPROVED FOOD LIST

Nebraska WIC Program

October 1, 2012 – September 30, 2015



RIGHTS & RESPONSIBILITIES

I understand that:

- Everything I tell WIC must be the truth to the best of my knowledge and may be verified.
- If I am enrolling a child or infant, I must be their legal guardian, custodial parent, or foster parent.
- All information I give WIC is private. WIC staff will not give out this information without my signed release.
- I may only get checks from one WIC program at a time.
- I may not receive CSFP (Commodity Supplemental Food Program) while receiving WIC for the same person.
- The foods given by WIC are only for the WIC client.
- If I do not follow the WIC program rules, I may receive sanction points. If I accumulate too many sanction points I can be taken off WIC.
- Standards for eligibility for WIC are the same for everyone, regardless of race, color, national origin, age, disability or sex.
- If I feel I have been discriminated against I may file a complaint.
- If I disagree with a decision regarding my eligibility, I may request a fair hearing. I may do so by mail, verbally, or in writing to the WIC program. My request must be made within 60 calendar days of when the written denial or termination of benefits was mailed or given to me. A detailed copy of the Fair Hearing Procedures is available on request from the Local Program Director.
- If I am unable to keep my appointment, I should call the local agency number on my ID folder.
- I will report address and/or phone changes at my next scheduled appointment.
- Presumptive eligible pregnant women found to have no nutritional risk within the first 60 days of certification will no longer be eligible for the Program and will receive no additional benefits.
- I am encouraged to participate in the health assessment, referrals & nutrition education available to me through the program.
- If I do not follow the rules for using my WIC checks, or sell or give away my WIC checks or foods I may be asked to repay the WIC Program the value of the WIC foods received.
- My signature on the certification form allows staff of SNAP; Food Stamp Nutrition Education Program; Medicaid; Perinatal, Child and Adolescent Health Unit; CSFP; and Immunization programs to see the information for purposes of outreach, referral, and eligibility. They cannot share the information with a third party.
- Intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the state agency, in cash the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

TABLE OF CONTENTS

Rights & Responsibilities	2
Cold Cereals	4-7
Hot Cereals	8-9
Bread and Brown Rice	10
Tortillas.	11
Juice (64 oz. Plastic Bottle) For Children	12-16
Juice (Pourable Concentrate) For Women	17
Juice (Frozen) For Women	17-18
Beans & Peanut Butter	19
Eggs & Dairy	20
Baby Foods	21-22
Store Brands	23
Fruits & Vegetables	24-25
Tips - Using Your WIC Checks	26
WIC Shopping Tips	27
Frequently Asked Q & A	28-29

For more information, go to: dhhs.ne.gov/wic



COLD CEREALS

National Brands

12 oz or larger

*Whole Grain

General Mills



*Cheerios



*Dora the Explorer

Kellogg's



Frosted Mini Wheats:
*Big Bite / *Little Bites / *Bite Size

Kellogg's



Frosted Mini Wheats
Touch of Fruit:
*Mixed Berry / *Raspberry

*Unfrosted
Mini Wheats
Bite Size

Corn Flakes

Malt-O-Meal



Crispy
Rice



Mini Spooners:
*Blueberry / *Frosted / *Strawberry



Oat Blenders:
Honey / Honey & Almonds

Post



*Grape-Nuts
Flakes



Honey Bunches of Oats:
Almonds / Cinnamon Bunches / Honey Roasted / *Vanilla Bunches



*Grape-Nuts



Shredded Wheat:
*Honey Nut / *Lightly Frosted

COLD CEREALS

Store Brands

Always Save



Crisp Rice



*Frosted Shredded Wheat



*Tosted Oats

Best Choice



Corn Flakes



*Happy O's



Wheat Flakes

Great Value



*Bran Flakes



Corn Flakes



Crisp Rice



Crunchy Honey Oats



*Crunchy Nuggets



*Frosted Shredded Wheat



Multi-Grain Flakes



Toasted Corn



*Toasted Whole Grain Oat



*Crunchy Oat Squares



Toasted Rice



*Toasted Wheat

COLD CEREALS

Store Brands

HY-VEE



*Bran Flakes



Corn Flakes



Crispy Rice



*Frosted Shredded Wheat (Bite Size)



*Nutty Nuggets



Oats & More with Almonds



Oats & More with Honey



*Tasteeos



Toasted Corn



Toasted Rice

IGA



*Bite Size Frosted Shredded Wheat

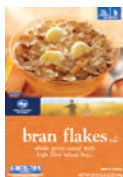


*Bran Flakes



Corn Flakes

Kroger



*Bran Flakes



Corn Bitz



Corn Flakes



Crispy Rice



*Frosted Shredded Wheat (Bite Size)



Honey Crisp Medley



Honey Crisp Medley with Almonds



*Nutty Nuggets



Rice Bitz



*Toasted Oats

COLD CEREALS

Store Brands

Market Pantry



*Frosted Bite Size Shredded Wheat



Honey & Oat Mixers



*Toasted Oats

Our Family



Corn Biscuits



Corn Flakes



*Frosted Bite Size Shredded Wheat



*High Fiber Bran Flakes



*Krunch Nutties



Oats & More With Almonds



Oats & More With Honey



*Strawberry Cream Frosted Bite Size Shredded Wheat



*Toasted Oats



*Wheat Biscuits

Safeway Kitchens



*Bite Size Frosted Shredded Wheat



*Bran Flakes



Corn Flakes



Live it Up!

Shurfine



*Bran Flakes



Corn Flakes



*Frosted Bite Size Shredded Wheat



*Nutty Nuggets



*Oat Wise



*Toasted Oats

HOT CEREALS

National Brands

B & G Foods



1 minute



2½ minute



10 minute

Cream of Wheat:

Better Oats



*Apple
Cinnamon



*Classic



*Maple Brown
Sugar

Good 'n hearty Instant Oatmeal:

Malt-O-Meal



Coco Wheats



Malt-O-Meal
Chocolate



Malt-O-Meal
Original

Quaker



Instant Grits
Butter Flavor



Instant Grits
Original Flavor

HOT CEREALS

Store Brands

Best Choice



Creamy Wheat
Enriched Farina



*Instant
Oatmeal
Regular

Great Value



Butter Flavor
Instant Grits



Original
Instant Grits



Quick Farina
Hot Cereal

Hy-Vee



Creamy Wheat
Enriched Farina
2½ minute

Kroger



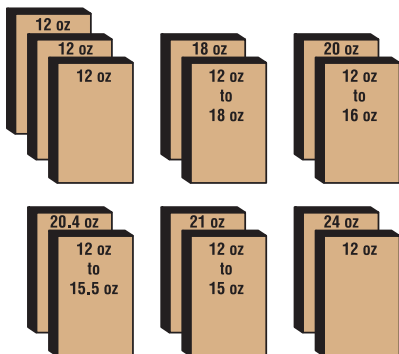
*Original Instant
Oatmeal

Market Pantry



*Instant Oatmeal
Regular Flavor

Ways to Buy Up to 36 oz of Cereal



Buy any combination of hot or cold WIC approved cereals, totaling 36 ounces or less.

Shurfine



*Instant Oatmeal
Regular Flavor

BREAD

**Buy only those pictured below:
16 oz size only**

Best Choice



100%
Whole Wheat

Family Choice



100%
Whole Wheat

Hy-Vee



100%
Whole Wheat

Our Family



100%
Whole Wheat

Oroweat



100%
Whole Wheat

Pepperidge Farm



Stone Ground
100%
Whole Wheat



Swirl 100%
Whole Wheat
Cinnamon with
Raisins



Very Thin
100%
Whole Wheat



Whole Grain
Rye Seeded

Roman Meal



100%
Whole Wheat

Sara Lee



Classic 100%
Whole Wheat

Shurfresh



100%
Whole Wheat

Village Hearth



100%
Whole Wheat

Wonder



Soft 100%
Whole Wheat

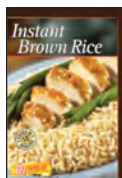
Do Not Buy:

bagels, deli bread, white bread, store bakery bread

BROWN RICE

Buy Only:

- Plain Brown Rice
- 14 – 16 ounce bag or box
- Instant, quick, or regular cooking



Do Not Buy:

white rice, rice with seasoning, bulk or organic rice

TORTILLAS

16 oz, soft shell only

Best Choice



Whole Wheat

Buena Vida



Whole Grain

Celia's (refrigerated section)



Corn



Whole Wheat

Chi Chi's



White Corn



Whole Wheat

Don Pancho



White Corn



Whole Wheat

Herdez



Corn/Maiz



Whole Wheat

HyVee



Corn



Whole Wheat

La Banderita



Corn



Whole Wheat

La Burrita



Corn

La Victoria



Whole Wheat

Mama Lupe's



Whole Wheat



Corn

Mission



Yellow Corn



Whole Wheat

Ortega



Whole Wheat

Shurfresh



Corn/Maiz



Whole Wheat

TORTILLAS – 16 OUNCES

JUICE

National Brands

Juice – 64 Ounce Plastic Bottle

100% juice & no added sugar

Buy only those listed below:



Juice for
Children

Campbell's—64 Ounce Bottle



Tomato

Approved Flavors:

- Tomato
- Tomato (Low Sodium)
- V8 100% Vegetable
- V8 100% Vegetable (Low Sodium)

Mott's—64 Ounce Bottle



Apple Juice

Approved Flavors:

- Apple Juice

Nestle Juicy Juice—64 Ounce Bottle



Apple

Approved Flavors:

- Apple
- Apple Raspberry
- Berry
- Cherry
- Grape
- Kiwi Strawberry
- Mango
- Orange Tangerine
- Punch
- Strawberry Banana
- Tropical
- White Grape

Old Orchard—64 Ounce Bottle



Blueberry
Pomegranate

Approved Flavors:

- Acai Pomegranate
- 100% Apple
- Apple Cranberry
- Berry Blend
- Blueberry Pomegranate
- Cherry Pomegranate
- Cranberry Pomegranate
- 100% Grape
- Kiwi Strawberry
- 100% Orange
- Peach Mango
- Red Raspberry
- 100% White Grape
- Wild Cherry

JUICE

National Brands

Juice – 64 Ounce Plastic Bottle

100% juice & no added sugar

Buy only those listed below:



Juice for
Children

Tree Top–64 Ounce Bottle



Apple Juice

Approved Flavor:

- Apple Juice

Do Not Buy:

- 64 oz juice bottles or cartons from the refrigerated cases
- Juice in cartons or glass bottles
- Juice drinks or cocktails
- Sweetened juices
- Organic juices
- Infant juices
- 46 oz bottles

JUICE

Store Brands



Juice for
Children

Always Save—64 Ounce Bottle



Apple

Approved Flavor:

- 100% Apple

Best Choice—64 Ounce Bottle



Grape

Approved Flavors:

- Apple
- Apple Unsweetened
- Berry Blend
- Cherry Blend
- Fruit Punch Blend
- Grape
- Grape Blend
- Grapefruit
- Pineapple
- White Grape
- Tomato
- Vegetable

Great Value—64 Ounce Bottle



Grape

Approved Flavors:

- Apple
- Cranberry 100%
- Cranberry Grape 100%
- Grape 100%
- White Grape 100%
- White Grape Peach
- Tomato
- Vegetable

Harvest Classic—64 Ounce Bottle



Apple

Approved Flavors:

- Apple

JUICE

Store Brands



Juice for
Children

Hy-Vee—64 Ounce Bottle



100%
Cranberry
Apple

Approved Flavors:

- 100% Apple
- Apple with Calcium
- 100% Cranberry
- 100% Cranberry Apple
- Grape 100%
- Just Juice Apple
- Just Juice Berry
- Just Juice Cherry
- Just Juice Fruit Punch
- Just Juice Grape
- 100% Raspberry Cranberry
- White Grape
- Tomato
- Vegetable

IGA—64 Ounce Bottle



Apple

Approved Flavors:

- 100% Apple Juice Fresh Pressed
- 100% Apple
- Grape
- White Grape

Kroger—64 Ounce Bottle



Pineapple

Approved Flavors:

- Apple
- Berry
- Cranberry
- Fruit Punch
- Grape
- Grapefruit
- Pineapple
- White Grape
- White Grape Peach

Market Pantry—64 Ounce Bottle



White Grape

Approved Flavors:

- Apple 100%
- Berry 100%
- Grape 100%
- Punch 100%
- White Grape 100%
- 100% Tomato
- Vegetable Low Sodium
- Vegetable 100%

JUICE

Store Brands



Juice for
Children

Our Family—64 Ounce Bottle



Grape

Approved Flavors:

- 100% Apple
- Apple Juice Fresh Pressed
- 100% Grape
- 100% Juice Blend Berry
- 100% Juice Blend Cherry
- 100% Juice Blend Fruit Punch
- 100% Juice Blend Orange Tangerine
- Pink Grapefruit
- 100% Tomato
- 100% Vegetable

Safeway—64 Ounce Bottle



Orange 100%

Approved Flavors:

- Apple 100%
- Cider Apple
- Cranberry 100%
- Cranberry Grape 100%
- Cranberry Raspberry 100%
- Orange 100%
- White Grapefruit
- Vegetable 100%
- Vegetable Low Sodium

Shurfine—64 Ounce Bottle



Juice-A-Lot
Berry

Approved Flavors:

- Apple
- Grape
- Juice-A-Lot-Berry
- Juice-A-Lot-Cherry
- Juice-A-Lot-Grape
- Juice-A-Lot-Punch
- White Grape
- Tomato 100%
- Vegetable

Do Not Buy:

- 64 oz juice bottles or cartons from the refrigerated cases
- Juice in cartons or glass bottles
- Juice drinks or cocktails
- Sweetened juices
- Organic juices
- Infant juice
- 46 oz bottles

JUICE – 11.5 OUNCE

Pourable Concentrate

100% Juice & No Added Sugar



For Women

National Brands

Nestle Juicy Juice



Apple

Approved Flavors:

- Apple
- Berry
- Punch

Welch's



Tropical Passion

Approved Flavors:

- Apple
- Grape
- Fruit Fantastic
- Tropical Passion

WIC approved flavors are identified with the **yellow band**

JUICE – 11.5 -12 OUNCE

Frozen Concentrate

100% Juice & No Added Sugar



For Women

National Brands

Dole



Pine-Orange
Strawberry

Approved Flavors:

- Orange Peach Mango
- Orange Strawberry Banana
- Pineapple
- Pineapple Orange
- Pine-Orange Banana
- Pine-Orange Strawberry

Old Orchard



Apple 100% Juice

Approved Flavors:

Any flavor with green pull strip

JUICE

Store Brands

Frozen Juice Concentrate

For Women

11.5–12 Ounce - 100% juice & no added sugar



Any “Store Brand”

Grapefruit



Orange



May Buy:

Calcium fortified juice

If the Store Brand or Private Label not available, then Brand Name frozen orange or grapefruit allowed.

Always Save

Flavor:

- 100% Apple



Best Choice

Flavors:

- 100% Apple



Great Value

Flavors:

- Apple 100%
- Grape 100%



Hy-Vee

Flavor:

- Apple



Kroger

Flavors:

- Apple
- Apple with Calcium
- Grape



Our Family

Flavor:

- Apple 100%



Shurfine

Flavor:

- Apple 100%



BEANS & PEANUT BUTTER

Dried Peas, Beans, Lentils



**1 pound (16 oz)
Bags only**

Store Brand Only

May Buy: Any single variety of dried peas, beans, or lentils

Do Not Buy: Organic beans or peas, mixed beans, soup mixes, beans with seasoning or flavors added, bulk beans

Canned Beans



**Bush's Brand
And/Or
Store Brand**

14 to 16 ounce can size

May Buy: Any single variety, low sodium

Do Not Buy: Refried beans, chili beans, beans with added sugar, fats, oils or meat; baked beans

Peanut Butter



Store Brand Only

May Buy:

- 18 ounce jar
- creamy, chunky, or crunchy

Do Not Buy: Added ingredients such as honey/jelly/chocolate, Omega-3, peanut butter spread, natural or all natural, squeeze tubes, organic

CANNED TUNA & SALMON

**Fully Breastfeeding Moms who
do not get formula from WIC...**

May Buy:

- Packed in water or oil
- Combination of sizes adding up to 30 ounces or less.
- low sodium

Do Not Buy:

- Filets
- Individual snack pouches
- Red or sockeye salmon
- Albacore tuna
- Flavored or seasoned with added ingredients

Any Brand



Pink Salmon



Light Tuna

EGGS AND DAIRY

Eggs

May Buy:

- Packages of 1 dozen
- Medium or Large size
- White eggs only

**Any
Brand**



Do Not Buy: Organic, free range, egg substitutes, eggs with low cholesterol claims, specialty eggs, brown eggs.

Milk

May Buy: the size & type printed on check:

- Skim (fat free)
- 1% (low fat)
- 2% (reduced fat)
- Whole—for 1 year olds only

Store Brand



Do Not Buy:

- Organic, chocolate, strawberry or other flavors, rice milk

Specialized Milk / Alternatives

May Buy: the size & type printed on check:

Soy Milk

Buy only these brands & flavors



8th Continent Soy Milk
Original or Vanilla

Lucerne
Original
Soy Milk

Specialized Milk

(also available)

- Lactose reduced
- Lactose free
- Acidophilus
- Powdered
- Evaporated

**Any
Brand**

Cheese

May Buy: Sliced or Block 1lb (16 oz) packages only

- Cheddar, Colby, Colby Jack
- Monterey Jack, Mozzarella, Muenster, Swiss
- Reduced fat cheese, American Pasteurized Process

Store Brand Only



Do Not Buy:

- Individually wrapped slices, shredded or string, cheese dip or balls
- Cheese food or products (like Velveeta), and those in squirt cans, squeeze bottles or jars
- Cheese with added ingredients like jalapeño, or smoke flavor
- Organic or imported
- Packages smaller than 16 oz

BABY FOOD-Fruit & Vegetable Purees

Single: 4 ounce Brands Allowed



Beech-Nut



Gerber



Hy-Vee



Mom to Mom



Nature's
Goodness

Two Pack: 3.5 to 4 ounce Brands Allowed



Gerber
3.5 oz



Parent's Choice
4 oz



Hy-Vee
4 oz



Target up & up
4 oz

Side View of Two Pack



= 2
containers

Buy plain or mixed fruits and vegetables
Single containers or Two packs:

16 - Single Jars

or

8 - Two Packs



May buy a combination of single jars and two packs.

Do Not Buy:

- Organic
- Toddler or graduates
- Dinners, desserts, cobblers
- Added sugars, starches, tapioca, yogurt, cereal, salt
- Added DHA and/or ARA
- Added rice, pasta, noodles, cheese, meat etc.

BABY FOOD-Cereal

May Buy:

- Dry infant cereal
- 8 oz box, without fruit

Do Not Buy:

- Added fruit, milk, yogurt, or formula
- Added DHA
- Jars, cans, single serving packets
- Organic

Any Brand



BABY FOOD-Meat Purees



*Fully Breastfeeding
Babies...*

*who do not get formula
from WIC receive...*

Baby Food - Meat Puree

Baby food meat in 2.5 ounce size only such as:

- Beef and beef broth/gravy
- Chicken and chicken broth/gravy
- Turkey and turkey broth/gravy

Any Brand



Do Not Buy:

- Containers larger than 2.5 ounce
- Meat sticks, dinners, or graduates
- Organic meat
- Baby food meat with added ingredients such as DHA, ARA, sugar, salt, rice, pasta, fruit, or vegetables.

STORE BRANDS

Examples of some
*store brands available in Nebraska:



* This list may not include all store brand products available in your area.

FRUITS & VEGETABLES



PARTICIPANT ID 654321	PARTICIPANT NAME TAYLOR MONICA	ALERTS/FOLIO NO 000/00	NO 12345678	FIRST DATE TO USE OCT 01, 2012
 NEBRASKA WIC PROGRAM <small>BY GENERAL WIC-88 JANUARY 2012</small>	 SOLUTRAN <small>OF FOODS & LIQUIDS AND NUTRITION & BEHAVIOR COUNSELING, AND NUTRITION COUNSELING & BEHAVIOR</small>	RE WIC USE ONLY	12345678	PURCHASE DATE / /
FOR PURCHASE OF AUTHORIZED WIC FOODS ONLY Fresh Fruits AND/OR Fresh Vegetables Maximum Amount \$10.00			F10	LAST DATE TO USE OCT 31, 2012
***** ***** ***** ***** ***** ***** ***** *****			PURCHASE AMOUNT CURRENCY CODE DOLLARS CENTS \$	PAY TO THE ORDER OF (NOT PRE-PAID WITHOUT VENDOR ID STAMP) AUTHORIZED SIGNATURE MUST BE SIGNED AT RETAIL COUNTER

Using Your Fruit & Vegetable Check

- This check has a printed dollar value.
- If your fruits and vegetables cost more than the amount on the check, you may pay the extra amount.
- You may pay the extra amount with SNAP, cash, check, debit, or credit card.
- The store cannot force you to pay the extra amount. You may put items back.
- You will not receive change from any WIC transaction.

Fresh Fruits



Fresh Fruits & Vegetables

May Buy:

- Whole, pre-cut, shredded, or packaged fresh fruits and vegetables
- Yams, sweet potatoes
- Fresh garlic, ginger, onions
- Salad and/or mixed greens in a bag
- Organic is OK

Do Not Buy:

- Potatoes other than yams or sweet potatoes
- Salad bar items
- Salad kits with added dressing
- Added dips, creams, sauces
- Added nuts, dried fruit, croutons
- Herbs or spices (such as basil, cilantro, parsley, mint, dill)
- Fruit and nut mixtures
- Decorative fruits or vegetables
- Fruit and vegetable baskets
- Party trays
- Canned, jarred, frozen, or dried fruit or vegetables

Fresh Vegetables



Using Your WIC Check

- Take this booklet with you and use it as you shop.
- Use your check on or between the dates on the check.
- Buy only the foods and amounts listed on your check.

PARTICIPANT ID: 654321		PARTICIPANT NAME: TAYLOR MONICA		BALANCE/COUPON: 000/00		NO: 12345678		FIRST DATE: OCT 01, 2012	
NEBRASKA WIC PROGRAM		SOLUTRAN		WIC WITHHOLD CODE: 12345678				DEADLINE DATE: / /	
								LAST DATE: OCT 31, 2012	
<div style="border: 2px solid red; padding: 5px;"> <p>1 BOT 64 oz Juice</p> <p>36 OZ (OR LESS) Cereal</p> <p>1 16OZ Bread, Tortillas or 14-16oz Brown Rice</p> <p>2 GAL 2%, 1%, AND/OR Skim Milk</p> <p>1 DOZ Medium OR Large Eggs</p> </div>						CAT		DATE TO THE ORDER OF:	
*****						PURCHASE AMOUNT:			
*****						COUPON CODE:			
*****						DOLLARS		CENTS	
*****						\$			
*****						AUTHORIZED SIGNATURE MUST BE SIGNED AT RETAIL COUNTER			

1	BOT	64 oz Juice
36	OZ	(OR LESS) Cereal
1	16OZ	Bread, Tortillas or 14-16oz Brown Rice
2	GAL	2%, 1%, AND/OR Skim Milk
1	DOZ	Medium OR Large Eggs

Abbreviations on some WIC checks:

BOT = Bottle
 CONC = Concentrate
 DOZ = Dozen
 EVAP = Evaporated
 GAL = Gallon
 HGAL = Half Gallon
 LB = Pound
 ml = Milliliter
 OZ = Ounce

Peanut BTR = Peanut Butter
 PKG = Package or Packages
 PKT = Packet
 Pwd = Powder
 QT = Quart
 RTU = Ready to Use
 RTF = Ready to Feed
 6 PK = 6 Pack
 W/O = Without



WIC Shopping Tips

- Group your WIC foods by each check.
- Tell the cashier you are using WIC checks.
- After the cashier writes the purchase amount on the check, make sure it is correct, then sign the check.

Questions or concerns while shopping:

- First, talk to the store manager.
- Then, if you still have questions or concerns, call your WIC agency at the number listed on the front of your WIC ID folder.

FREQUENTLY ASKED Q&A

Where can I use my WIC checks?

Nebraska WIC checks can only be used at WIC approved stores in Nebraska. There are over 400 stores in Nebraska that accept WIC checks. Your local WIC agency keeps a listing of WIC approved stores in the area. Also, look for the WIC Approved decal in store windows.

Are the WIC approved foods identified in the store?

Yes, look for the blue labels, like this one, on your store shelves to help you choose Nebraska WIC approved foods.



May I use my WIC checks while I'm on vacation in another state? No, you may not use your Nebraska WIC checks in another state. Nebraska WIC checks can only be used in Nebraska.

What happens if my checks are lost, stolen, or damaged?

Notify your local WIC office if checks are lost, stolen, or destroyed. Treat your WIC checks like money. Keep them in a safe place.

How can I avoid confusion at the check out line? If you are shopping for additional items at the store, be sure to group those things together and keep them separate from your WIC items. If you are using more than one WIC check at the store, be sure to group the items for each check together.

Do I get change back if I don't use the full amount of my WIC check? No, the store is not allowed to give you change back for unspent money on your WIC check.

Can I change the foods listed on my check? ONLY your WIC clinic can change your food package. If you have concerns or special needs, be sure to talk to your WIC nutritionist before your checks are printed. They may be able to adjust your food package. Do not write on your checks or alter them yourself.

FREQUENTLY ASKED Q&A

Do I need to purchase everything listed on my WIC check?

No, you are not required to pick up everything on your WIC check. We encourage you to shop responsibly and only purchase the foods that you know you will use.

What if I run out of food and I've used all of my WIC checks?

The WIC program is only meant to “supplement” your diet. The foods you receive at WIC are not intended to meet all of your nutritional needs. You will need to purchase additional foods on your own. Your local agency can help you find additional food assistance programs if needed.

Can I receive services from WIC and SNAP (Food Stamps) at the same time? Yes

Can I receive services from CSFP and WIC at the same time? NO

Can I participate in more than one WIC program at the same time? No.

What happens if I move? Try to contact your local WIC clinic before you move. They can give you transfer information to take to the WIC clinic in your new area.

You must have proof of ID, Address, and Income at the time of certification.

If you are missing one or more of the proofs, your appointment will need to be rescheduled and you may not receive checks.



WIC is an equal
opportunity provider



dhhs.ne.gov/wic